



# Gold Medal Schools Criteria

★ A policy must be written for these criteria

## Bronze Criteria

**To become a Bronze School, you must complete all six Bronze Criteria. Upon completion your school will receive \$200.**

- ★ 1. Write a policy requiring 90 minutes (45 minutes for kindergarten) of structured physical activity each week using the Utah State Office of Education's physical education core curriculum.
2. Teach the health education core curriculum provided by the Utah State Office of Education.
3. Establish a Gold Medal Mile™ route on or around school grounds and a goal for student participation.
4. Promote Safe Routes to School by requiring the development and distribution of a Student Neighborhood Access Program (SNAP) plan and map.
- ★ 5. Write a policy mandating a tobacco-free school.
6. Complete and submit the Utah School Heart Health Surveys.

## Silver Criteria

**To become a Silver School, you must continue implementing the Bronze Criteria and complete all four Silver Criteria. Upon completion your school will receive \$300.**

1. The PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers and school staff.
- ★ 2. Write a policy requiring a yearly faculty and staff wellness program.
3. Offer a variety of competitive and non-competitive physical activity programs accessible to all students.
4. Choose and complete three criteria from the Criteria Menu found on page 4.

## Gold Criteria

**To become a Gold School, you must continue implementing the Bronze and Silver Criteria and complete all four Gold Criteria. Upon completion your school will receive \$500.**

- ★ 1. Write a policy that requires all Pre K-6 physical education and physical activity courses to be overseen by certified Physical Education (PE) teachers or PE specialists employed by the school or district.
- ★ 2. Write a policy for all teachers and staff that food is not to be used as a reward or as a punishment for students.
3. Complete four of the following from the Changing the Scene Program:
  - ★ a. Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services.
  - b. Enroll school as a Team Nutrition School and conduct nutrition education activities and promotions that involve students, parents, and the community.
  - c. Offer nutrition education in the school dining room and in the classroom, with coordination between school food service staff and teachers.
  - ★ d. Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11am and 1pm.
  - ★ e. Write a policy that bans advertising of less nutritious food choices and promotes healthy food choices.
  - ★ f. Write a policy that requires food service staff to have appropriate pre-service training and regular participation in professional development activities
  - g. Require all organizations to raise funds by selling only non-food items.
  - h. Consider student needs in planning for a healthy school nutrition environment by asking students for input and incorporating their feedback into policy making.
  - ★ i. Write a policy that requires recess to be scheduled immediately before lunch for most or all grades.
4. Choose and complete two criteria from the Criteria Menu found on page 4.

## Platinum Criteria

**To become a Platinum School, you must continue implementing the Bronze, Silver, and Gold Criteria and complete all five Platinum Criteria. Upon completion your school will receive \$300.**

1. Strengthen your School Community Council by holding regular meetings and including health on the agenda at each meeting.
- ★ 2. Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services.
3. Plan and carry out a faculty/staff wellness program that lasts all year long.
4. Involve families and the community in completing Gold Medal Schools criteria
- ★ 5. a) Write a policy that requires recess to be scheduled immediately before lunch for most or all grades.  
-or-  
★ b) Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11am and 1pm.

## Platinum Focus

**After completing the Platinum Criteria choose one project each year from the “focus areas” listed below until you have completed all of them. Upon completion of the Mental Health and Wellness focus criteria your school will receive \$200.**

- **Mental Health and Wellness (must be done first)**
- Asthma
- Diabetes Control
- Environmental Quality
- Fruits and Vegetables Galore
- Immunizations
- Oral Health
- Sun Safety
- Violence and Injury Prevention

## Criteria Menu

1. Participate in Walk Your Child to School Day.
2. Participate in the American Heart Association's physical activity and community service programs, Jump Rope for Heart or Hoops for Heart.
3. Participate in the 5 A Day/Fruits and Veggies: More Matters Grocery Store Tours.
4. Participate in the American Diabetes Association's School Walk for Diabetes.
5. Participate in the Truth From Youth ad campaign.
6. Teach a proven, effective tobacco prevention program such as Project Towards No Tobacco in the classroom.
7. Utilize the Utah State Office of Education's Child Nutrition Program, Cafeteria Connections, to market and promote the link between the cafeteria and the classroom.
8. Participate in the USDA's Food and Nutrition Service program, HealthierUS Challenge.
9. Participate in one national health campaign such as Red Ribbon Week, National Nutrition Month, or Green Ribbon Month.
10. Hold an Olympic Field Day.
11. Allow students and community members to use the physical activity facilities outside school hours.
12. Establish a School Health Council that discusses ways to meet Gold Medal School criteria at each meeting.
- ★13. Write a policy that discourages withholding PE or recess as a punishment; include methods to ensure faculty awareness of the policy.
- ★14. Write a policy that provides for continuing education and training in the areas of physical education, tobacco prevention, and nutrition for teachers who teach these subjects.
- ★15. Write a policy that requires both lunch and breakfast programs.
16. Participate in the Physical Fitness Testing or the Health Fitness Testing of the President's Challenge.
17. Participate in the Governor's Golden Sneaker Awards Program.